



Now your students can dig down and discover the fun of gardening, while learning valuable lessons about how to eat right and be healthy.

Dig Into ACE's Gardens!

Studies of after-school gardening programs suggest that children who garden are more likely to eat fruits and vegetables, and are generally more inclined to adopt healthier lifestyles.

ARAMARK Education shares this philosophy and, as part of its mission to help students flourish, we are proud to introduce ACE's Gardens™ – a program which combines real-life gardening skills with in-classroom teaching curricula for schools in our partner districts. This interactive program features our elementary nutrition mascot, ACE, who helps teach students valuable lessons about the benefits of growing and consuming their own fruits, vegetables, and herbs.

The program is simple in concept but the benefits are plentiful.



- Three program tiers support a range of learning objectives including a basic understanding of plant growth and why plants are important to our world; appreciation for vegetables and herbs in the diet; construction of container gardens; increased science competencies; improved fruit and vegetable consumption; and completion of community service projects.
- Program components include teachers' classroom materials, tools and resources for basic gardening, and other reference materials. Teachers can access lesson components and other resources via the program website, www.acesgardens.com*
- Teachers are also encouraged to share pictures of their classroom gardening projects with other schools by submitting them to be featured on the website.

*Materials will be available through acesgardens.com. A log-in is required to access all materials, with the exception of the homepage introduction and Tier 1 components. (Teachers can contact their District's ARAMARK front-line manager for log-in information.)

www.acesgardens.com

THE THREE PROGRAM TIERS ARE DESIGNED TO ACCOMMODATE THE VARIOUS CAPABILITIES AND NEEDS OF SCHOOLS AND CLASSROOMS. EACH TIER HAS TEACHING, GARDENING, AND ACTIVITY COMPONENTS:

Tier 1 – Students gain a basic understanding of the different kinds of plants that share our planet, and the important roles that soil, water, and sunlight play in plant growth.

Tier 2 – Students learn about the types of containers in which gardens can be grown. These lessons reinforce the key steps in growing and planting by introducing ways to build a garden, starting with small containers.

Tier 3 – Lessons take students through the complete process of growing plants and vegetables. Previous lessons are leveraged and reinforced, and students learn that gardens come in all sizes and types.



CHECK OUT THE BENEFITS WHICH CHILDREN EXPERIENCE, AS THEY MOVE THROUGH THE PROGRAM'S TIERS:

- Students gain **basic gardening knowledge**, such as what type of soil and nutrients plants need to thrive, what tools to use to cultivate them properly, and what types of gardening containers are available.
- Students **learn about different kinds of plants**. Some grow fruit, others grow veggies; some are hairy, others are dangerous; and some even produce cones that once served as fare for dinosaurs.
- Students **nurture living examples of science lessons**. Tiny seeds grow into sturdy plants, thanks to the right combination of elements.
- When produce is ready on plants that bear fruits and vegetables, **students can harvest it and learn how to enjoy produce in healthy, tasty dishes**. How cool is that?
- Students **learn how to grow, cut, and dry herbs**, as special flavor enhancers.
- Students can **share the food they grow with the District community** through tastings in the cafeteria, which can be coordinated through the Food Service Department when possible.
- Through completion of the gardening process, students **achieve a sense of accomplishment**, knowing “I grew this.”
- Coloring sheets featuring ACE and friends **enable students to have fun while learning healthy habits**.
- The program may be considered a **community service project**.

